## **CLAIMS**

## I claim:

- 1. A head support, comprising:
- a first and a second substantially crescent shaped rigid support, each rigid support having a first end and a second end;
- a substantially crescent shaped pad mounted on each of said first and second substantially crescent shaped rigid supports;
- a strap adjustably mounted at each end of each of said substantially crescent shaped supports for holding said supports together at a preselected distance; and

whereby said supports may be placed on a substantially flat surface for supporting a head of a user lying on the substantially flat surface.

- 2. A head support in accordance with Claim 1 wherein each of said supports is provided with at least one opening for airflow.
- 3. A head support in accordance with Claim 1 wherein each of said supports is provided with three openings in the form of channels for airflow.
- 4. A head support in accordance with Claim 1 wherein each said strap is adjustable in length by a hook and loop fastener.
  - 5. A head support in accordance with Claim 1 further including:
- a first and a second rail, said first and second rail each having an elongated portion adapted to be positioned independently between a mattress and a box spring, each of said

first and second support rails having an opening near an end opposite said elongated portion;

a first and a second post adapted to be received in the opening in said first and second rail, respectively;

means for adjustably locking the position of said first post with respect to said first rail and the position of said second post with respect to said second rail; and

each of said first and second substantially crescent shaped rigid supports being provided with an opening for removably receiving an upper end of said first and second posts, respectively.

- 6. A head support in accordance with Claim 5 wherein said means for locking includes a pin adapted to be inserted through a hole in said rail and into a hole in said post.
- 7. A head support in accordance with Claim 5 wherein said first and second posts are adapted to pass completely through the opening in said first and second support rail, respectively.
- 8. A head support in accordance with Claim 1 wherein said substantially crescent shaped pad is comprised of a foam rubber material mounted to said rigid support and provided with a cover-over the foam material.
- 9. A head support in accordance with Claim 2 wherein said at least one opening for airflow is in the form of a tubular opening passing through said support.
- 10. A head support in accordance with Claim 8 wherein each of said supports is provided with three openings in the form of tubular openings passing through each of said supports.
  - 11. A head support in accordance with Claim 8 wherein said tubular openings is a

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predetermined distance from a bottom of said rigid support.

- 12. A head support in accordance with Claim 8 wherein said tubular opening slopes upwardly from an inner surface of said rigid support to an outer surface of said rigid support.
- 13. A head support in accordance with Claim 1 wherein each of said first and second substantially crescent shaped rigid supports is provided with an opening for removeably receiving a post, and wherein a first and a second post is provided, said posts being adapted to be received in said first and second substantially crescent shaped rigid support opening for removeably receiving a post.
  - 14. A head support in accordance with Claim 1 further including:

a first and a second rail, said first and said second rail each being elongated with a first end and a second end;

a telescoping post comprised of a plurality of telescoping sections and being mounted to each of said first and second rails near a first end of each of said rails at a first end of said telescoping post;

each of said first and second substantially crescent shaped rigid supports being removeably mountable to a second end of each of said telescoping posts; and

means for adjustably locking telescoping sections of said telescoping post to provide an adjustable length post wherein the height of said substantially crescent shaped rigid supports with respect to said rails may be adjustably locked.

15. A head support in accordance with Claim 14 wherein said means for adjustably locking said telescoping sections is a threadable adjustment.

- 16. A head support in accordance with Claim 15 wherein said threadable adjustment comprises threads formed on said telescoping sections wherein said telescoping sections may be rotated to adjust the length of the post.
- 17. A head support in accordance with Claim 14 wherein said means for adjustably locking said telescoping sections is a friction lock.
- 18. A head support in accordance with Claim 17 wherein said friction lock is engaged by a rotation of a telescoping section of less than a single revolution.